MY Dream Indulgence
THE NEW 1031 FRESH FM
WIN your Dream Vacation
www.1031freshfm.com

BE YOUR OWN BOSS
SUMMER PROGRAM HELPS STUDENTS
{page 2}

REEL HOCKEY
GEAR UP FOR THE PLAYOFFS WITH THESE FLICKS
{page 8}

LONDON metro®
Tuesday, April 12, 2011
www.metronews.ca
News worth sharing

Tories misled to get G8 funds: Fraser

Leaked auditor general draft says the government requested $83M to reduce congestion at borders, but did not reveal $50M was intended for G8 legacy fund ◐ Liberals urge PM to release report to the public

The Harper government misinformed Parliament to win approval for a $50-million G8 fund that lavished money on dubious projects in a Conservative riding, auditor general Sheila Fraser has concluded.

A draft report reveals a local "G8 summit liaison and implementation team," which included Industry Minister Tony Clement, chose the 32 projects that received funding. It says there was no apparent regard for the needs of the summit or the conditions laid down by the government.

"This matter raises broader legal questions related to the use of appropriated funds by government," Fraser said. THE CANADIAN PRESS

Voters take to Twitter {page 4}

Some projects:

- $274,000 on public toilets 20 km from the summit site
- $100,000 on a gazebo an hour's drive away
- $1.1 million for sidewalk and tree upgrades 100 km away
- $745,000 on downtown improvements for three towns nearly 70 km away

▶ H.B. Beal Secondary School students Ian Watson, left, and Kathryn Stasiuk Riddell prepare to enjoy a glass of "lemonade" (actually orange drink) from Ivey business school student Katie Mueller at the corner of Clarence and King streets, yesterday afternoon.

KYLE REA/METRO

When life gives you lemons...

More than 400 students from Ivey were out on the streets of London and other parts of southwestern Ontario as part of the Ivey LemonAID project to raise $10,000 for the Boys and Girls Club of London. Each student was required to operate a lemonade stand and raise about $300 each per day. Fundraising continues today. The H.B. Beal students pictured wore stickers on their foreheads to raise awareness on the impact of AIDS in sub-Saharan Africa.

#elxn41

Poll says majority in reach

◐ Conservatives hit 40 per cent in latest survey heading into the first of the televised leaders' debates {page 4}

'I have been an idiot'

Halle Berry says marriage isn't for her
{page 9}

Holy cow — faith linked to obesity

Highly religious people more likely to be obese, study says {page 10}

Naked truth

Online therapist offers counselling sessions while taking off her clothes {page 12}

1 news

Spring means familiar insects emerge again, but some pose real health risks. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small on why investors should keep a wary eye on rising oil prices.

More at metronews.ca/investing

Follow us on Twitter @themetrolondon

The summer job that kept giving

Brian Kliza started early in business, selling pop and mowing lawns in his neighbourhood He gives speeches at London Small Business Centre on provincially funded Summer Company program

KYLE REA/METRO

Sergio Jaramillo, from left, Kevin Kliza and owner Brian Kliza of Steamers Auto, Carpet and Upholstery Cleaning.

JIM REYNO
@METRONEWS.CA

A summer job can be more than a time-killer for much-needed cash. It can become a career, just like it did for Brian Kliza.

In 2004, Kliza started Steamers Auto, Carpet and Upholstery Cleaning (callsteamersfirst.com) by himself, with the help of the Summer Company program through the London Small Business Centre. Today, he's got six people working for him.

"Summer Company got me started," said Kliza. "It helped pay for my first few flyers, my business cards, my first machine ... It wasn't a significant amount of money, but back then it was night and day from being able to do it to not being able to do it."

Steamers grew slowly while Kliza was studying business at Western, and continued to build as he earned a degree in advertising copy writing at Humber College in Toronto.

"When I finished my post-grad, I came back to this huge list of clients," Kliza said.

"I sort of had my job. I had this opportunity for running my own company when I got out of school.

"It was there and ready to go."

"They helped with things I didn't even know about — I had to get a business licence, and you have to have a business licence to get a business account. All those things."

BRIAN KLIZA ON THE SUMMER COMPANY PROGRAM

Learn to work for yourself

If you don't want to work for The Man, why not be The Man? Or The Woman? With the provincially funded Summer Company program, you just might.

The program, co-ordinated by the London Small Business Centre, helps students aged 15 to 29 to run their own business.

You get $1,500 to start and another $1,500 when you complete the program.

And you don't have to be a business student, just business savvy.

"These students basically want to be entrepreneurial; they have an idea," said John Anagnostou, co-ordinator of Summer Company at the Small Business Centre.

"They want to be their own boss rather than going to work somewhere else."

In addition to money, successful applicants get 12 hours of hands-on mentoring with stuff like bookkeeping, marketing and sales.

Last year, London had a record 16 successful Summer Company applicants.

Anagnostou said they hope to match that this year, and maybe go as high as 20, depending on the funding.

Which is why you should apply now and not wait for the May 9 deadline.

"Do it now before the money dries out," said Anagnostou. "The real deadline is when the money dries out and the ministry says to us, 'Forget May 9, we don't have any more money.' Then it's over."

JIM REYNO

How to apply

Online applications are now accepted at ontario.on.ca/summercompany.

Don't follow or 'friend' students, teachers told

The Ontario College of Teachers is telling teachers not to "friend" students on Facebook or follow them on Twitter.

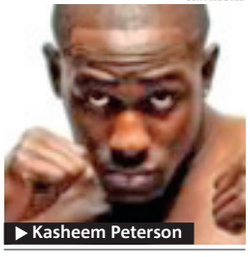
The regulatory body issued a professional advisory yesterday on the use of social media to its 230,000 members and told them to maintain professional boundaries. Teachers are advised to decline student-initiated "friend" requests and not to issue "friend" requests to students. They're also being told not to exchange private texts, phone numbers, personal email addresses or photos of a personal nature with students. THE CANADIAN PRESS

Man faces sex charges

Police say a 28-year-old man from Las Vegas has been arrested and charged with sexually assaulting a woman from London.

Investigators say a 21-year-old woman was sexually assaulted on Friday around 6:30 a.m. around Clarke Road and Dundas Street. Police have charged Kasheem Peterson, a mixed martial arts fighter in London training for an upcoming fight. AM980/AM980.CA

CONTRIBUTED



Kasheem Peterson

Fire may result in fine

An unattended candle that started a fire last Thursday has resulted in further consequences for residents of a home on Inverary Road. London fire officials found that smoke alarms had been disabled on the upper and main levels of the home and there was no alarm in the basement. You can be fined $50,000 and spend one year in jail, or both, for not complying with smoke alarm regulations. METRO

Chefs put diabetes fight on front burner

13 local chefs come together for cause Highlights of Sunday's menu: Smoked salmon, sushi, roast veal loin

KYLE REA
@METRONEWS.CA

Chef Todd Pylypiw knows all too well the impact of diabetes: Not only have family members experienced it but two chefs he's known professionally have faced the disease's daily challenges.

So it's no surprise he's the culinary wizard behind this year's The Meal fundraiser for the Canadian Diabetes Association at The Hilton in downtown London.

Thirteen chefs, most of whom are friends or colleagues of Pylypiw, will donate their time on Sunday, when they'll whip up a veritable smorgasbord of delights destined to tantalize the tastebuds for between 350 and 400 London foodies.

Pylypiw's uncle and grandmother both had diabetes as did two colleagues, one a chef who will be involved with Sunday's fundraiser.

"How could I not help out?" Pylypiw said.

Robert Adeland and Mina Thaler-Adeland are handling advertising and marketing for the fundraiser and they too have a personal connection. Their daughter Shauna, 31, was diagnosed with Type 1 diabetes at age 5.

"For us, personally, it means a lot. It's a terrific evening," said Adeland. "We're all hoping this event eventually puts us out of work!"

"That would be a celebration," Thaler-Adeland added.

Details

- Tickets are $150 and are available by contacting Robin Farley of the London branch of the Canadian Diabetes Association at 519-673-1630 ext. 228.
- Deadline for ticket purchase is Thursday.
- The Meal started in 1982 when a group of local chefs approached local celebrity Bill Brady with an idea for a fundraising dinner.
- Event has raised $1 million since its inception.

KYLE REA/METRO

▶ Hilton Hotel executive sous-chef Sheila Hames, left, prepares to pour sauce on a dish held by head chef Todd Pylypiw as the two prepare for Sunday's The Meal fundraiser for the Canadian Diabetes Association.

Hudak pledges relief from gas-price crunch

Ontario's opposition parties promised yesterday to find ways to help motorists deal with rising gasoline prices, but the Liberal government rejected any cuts to provincial gas taxes.

A study from CIBC World Markets released yesterday warned the near 25 per cent hike in gas prices since late 2010 will cost Canadians an extra $12 billion — or $950 per household — at the pumps this year.

The report also said gas prices hit poorer families especially hard, concluding "low-income households spend more than twice as much of their income on energy as do high-income households."

Progressive Conservative Leader Tim Hudak wouldn't make any specific promises, but said he's looking to give people a break from rising bills and hydro prices, and would consider options such as removing the HST from gasoline.

RICK MADONIK/TORSTAR NEWS SERVICE FILE

▶ Ontario Progressive Conservative Leader Tim Hudak.

"Whether it's abolishing the HST on the basics like heat, hydro or gas, cutting the (tax) rate or income tax reductions," said Hudak, "something has to be done so average, everyday families can catch up."

Removing the HST from gasoline or reducing the 14.7 cents a litre flat provincial tax, two cents of which goes to municipalities, would only clear the way for oil companies to raise prices, warned Finance Minister Dwight Duncan.

THE CANADIAN PRESS

Revenue reverb

The Liberals argue that every one point cut in the HST would cost Ontario $3 billion in lost revenue.

- The Liberal government added eight per cent to gasoline prices, and a host of other goods and services, last July 1 when it merged the provincial sales tax with the five per cent GST into the HST.

Targeting lung disease

Health Minister Deb Matthews said yesterday she is willing to work with the Ontario Lung Association to find ways to reduce cases of lung diseases such as asthma or chronic obstructive pulmonary disease.

The association released data warning that the number of people in Ontario with asthma, COPD, chronic bronchitis, emphysema or lung cancer will double over the coming 30 years to five million people if the government doesn't develop a strategy.

THE CANADIAN PRESS

HEALTH.GOV.ON.CA

▶ Matthews

Police seize pills, cash in drug bust

A London man has been charged with trafficking oxycodone after an investigation by London police and RCMP.

Acting on a search warrant, police seized oxycodone tablets and cash from an address on Marlborough Avenue.

John Murray, 56, has been charged. METRO

G8 report hot Twitter topic

Election interest spikes on social media after auditor general's report blasts Tories for misuse of public funds

Election 2011

Online forums and social media exploded yesterday with discussions about a draft auditor general's report concluding the government misinformed Parliament on G8 spending.

It represented the largest single-issue spike in election chatter to date.

Discussion on Twitter about the story represented a whopping one-quarter of all election-related tweets for the day, according to an analysis by digital public affairs strategist Mark Blevis.

It surpassed coalition talk — which dominated online conversation at the beginning of the campaign — to become the most tweeted one-day issue, he found. By afternoon there had been more than 3,000 tweets about the story that broke just before 10 a.m.

By mid-afternoon there were more than 2,800 comments on the story posted on the Globe and Mail's website. More than 600 people tweeted the link and more than 4,000 people shared it on Facebook.

"We're seeing incredible increases in traffic," Blevis said.

The enormous amount of online discussion, particularly the spike in tweets, can partly be chalked up to the simplicity of the issue, he said.

"There are very few details people need to understand the core of this issue," Blevis said.

THE CANADIAN PRESS

Opposition reacts

Liberal Leader Michael Ignatieff urged Harper to explain what he called a "scandalous" abuse of public money and the parliamentary process.

- **In the G8 leadup** Conservatives were "spraying money around like drunken sailors," Ignatieff said. "What we didn't know is that they lied to Parliament."
- **Lingering controversies** around the G8 and G20 summits deserve a public inquiry, NDP Leader Jack Layton said. Tories were "hiding facts from Canadians, leading Parliament down the garden path, and possibly breaking the law while doing so."

DARRYL DYCK/THE CANADIAN PRESS

▶ Green party Leader Elizabeth May, centre, speaks as Arno Schortinghuis pedals a bicycle to power the audio system during a rally in Vancouver, yesterday.

Latest poll shows Tory majority within reach

The Conservatives have opened a double-digit lead over the Liberals in the latest poll — and are again knocking on majority's door.

The new Canadian Press Harris-Decima survey suggests Stephen Harper's party stands at 40 per cent, 12 points ahead of the Liberals, heading into the first of two televised leaders' debates.

The NDP was at 15 per cent, with the Bloc Québécois and the Greens trailing at eight per cent.

Last week, the two top parties were only seven points apart with the Tories leading 35 to 28 per cent.

The latest sampling of voter intentions suggests Liberal gains during the first week of the campaign might have been a short-term setback.

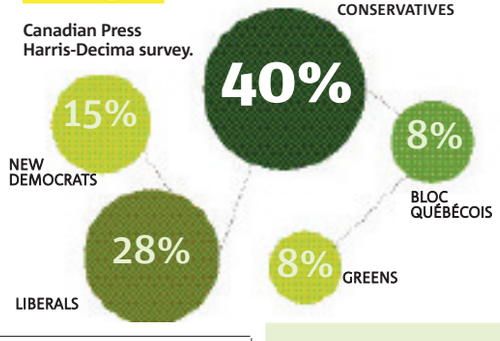
The telephone survey of 1,018 people was taken between April 7 and 10, and the results are considered accurate to within plus or minus 3.1 percentage points, 19 times out of 20.

The findings do not take into account the latest controversy to hit the Harper government, that is, yesterday's leaked draft report pointing to possible spending irregularities during last June's G8 summit.

THE CANADIAN PRESS

Latest poll

Canadian Press Harris-Decima survey.



Provincial polling

The survey suggests a close battle between Liberals and Tories in Ontario and the Atlantic provinces.

- **West** The Conservatives, are far ahead in the Prairies and have a comfortable lead in B.C.
- **Quebec** The Bloc Québécois lead the Tories 38-to-24 per cent, with the Liberals at 20 per cent.

Minsk blast kills 11

An explosion tore through a key subway station in the Belarusian capital of Minsk during evening rush hour yesterday. President Alexander Lukashenko said 11 people were killed and about 100 injured.

There was no immediate determination of what caused the explosion, but the RIA Novosti news agency cited Lukashenko as saying it was possibly organized "from outside."

THE ASSOCIATED PRESS

Nuclear threat raised

Japan has raised the severity level of the crisis at its tsunami-stricken nuclear power plant to 7 — the highest level and equal to the 1986 disaster at Chornobyl in the former Soviet Union, reports say.

Yesterday, a new quake rattled Japan's northeast, killing one girl.

THE ASSOCIATED PRESS

Rebels reject ceasefire

Libyan rebels, backed forcefully by European leaders, rejected a ceasefire proposal by African mediators yesterday because the agreement did not insist Moammar Gadhafi relinquish power.

Despite an earlier announcement that the Libyan leader had accepted the truce, his forces shelled a key rebel-held city and killed six people, a doctor said.

THE ASSOCIATED PRESS

France bans face veils

France put into motion yesterday the world's first ban on Islamic face veils, meaning that women may bare their breasts in Cannes but not cover their faces on the Champs-Elysees.

Two veiled women were hauled off from a Paris protest just hours after the ban, their demonstration, on the cobblestone square facing Notre Dame Cathedral, rich with the symbolism of France's modern spirit of defiance.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/TCI VIA APTN

▶ In this image taken from TV station TCI, Laurent Gbagbo puts on a shirt after his arrest at the Golf Hotel in Abidjan, Ivory Coast, yesterday.

Gbagbo captured

▶ Strongman suffers literal slap in the face during arrest by Ivory Coast forces ▶ French air strikes aid in topple

Forces loyal to Ivory Coast's elected president ended the 10-year rule of strongman Laurent Gbagbo yesterday, storming the bunker where he had holed up and putting him under arrest following a crisis that left hundreds dead and threatened to reignite a civil war.

Gbagbo's dramatic arrest came after days of heavy fighting during which French and UN helicopters fired rockets at his presidential residence. Forces backing the internationally recognized winner Alassane Ouattara had begun a rapid offensive to oust Gbagbo last month.

Issard Soumahro, a pro-Ouattara fighter at the scene, told The Associated Press that the ground offensive to seize Gbagbo came after the French launched air strikes until at least 3 a.m. yesterday.

"We attacked and forced in a part of the bunker. He was there with his wife and his son," Soumahro said. He added that Gbagbo was tired and had been slapped by a soldier, but was not otherwise hurt.

THE ASSOCIATED PRESS

RBC Insurance®

Right car insurance.
Right price.
Like an airbag for your wallet.

The right coverage saves you money. Let a licensed RBC Insurance® advisor show you how. We'll assess your needs to get you in the right policy, to help you save money on premiums and avoid surprises in the event of a claim. Our advisors are non-commissioned, so we'll work in your best interest. Plus, you can feel secure in knowing you're dealing with a brand you can trust.

To get started, call 1-877-ROYAL-43, visit your local RBC Insurance branch, or go online at rbcinsurance.com

At 1267 Fanshawe Park Road
near Hyde Park Road

At 3089 Wonderland Road
near Southdale Road

Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |

Underwritten by RBC General Insurance Company or RBC Insurance Company of Canada.
®Registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada. Used under licence. Due to the government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan and British Columbia.

GERALD HERBERT/THE ASSOCIATED PRESS

▶ The mayor of Biloxi, Miss., allegedly used BP money intended for oil-spill cleanup to buy this Chevrolet Tahoe to replace the five-year-old model he drove on city business.

BP EQUALS BIG POCKETS

BP BUYS GULF COAST MILLIONS IN GEAR

In the year since the oil spill on the Gulf of Mexico, officials along the coast have gone on a spending spree with BP money, dropping tens of millions of dollars on gadgets and other gear — much of which had little to do with the cleanup, an investigation shows.

The oil giant opened its chequebook while the crisis was unfolding last spring and poured hundreds of millions of dollars into Gulf Coast communities.

In sleepy Ocean Springs, Miss., reserve police officers got Tasers. Nearby Gulfport bought a $300,000 vacuum truck that never sucked up a drop of oil. A parish president in Louisiana bought herself a deluxe iPad.

In every case, communities said the new equipment was needed to deal at least indirectly with the spill. In many instances, though, lots of money wound up in cities and towns that never even saw oil from the disaster.

All told, BP PLC says it has paid state and local governments more than $754 million US, and has reimbursed the federal government an additional $694 million US. The contracts require states to provide the company with at least an annual report on how the money has been used. But it's unclear what consequences, if any, the states could face if they don't comply.

THE ASSOCIATED PRESS

IMF boosts outlook for Canadian economic growth

Risks for Canada in 2011 are deteriorating housing markets and rising household debt combined with weak U.S. economy and European debt

Canada's economy will grow by 2.8 per cent this year, up from an earlier forecast of 2.3 per cent, the International Monetary Fund said yesterday as it warned the world is facing new threats from surging oil prices, Mideast turmoil, higher inflation in China and Europe's debt woes.

In the face of these challenges, the IMF lowered its expectations for Canada for 2012 to 2.6 per cent compared with 2.7 per cent in an earlier forecast. The Canadian economy grew 3.1 per cent in 2010.

Meanwhile, the global economy should grow 4.4 per cent this year. That compares with growth of five per cent last year. The IMF projects industrial countries will grow 2.4 per cent while developing countries, a group that includes China, will grow at 6.5 per cent.

Olivier Blanchard, the IMF's chief economist, said it is critical for countries running large government deficits, such as the United States, to make progress in getting those deficits under control. At the same time, countries with large trade surpluses, such as China, need to do more to boost domestic demand and not rely so heavily on exports to generate economic growth.

THE CANADIAN PRESS

STEPHEN JAFFE/IMF/THE ASSOCIATED PRESS

▶ "The world economic recovery is gaining strength, but it is unbalanced," Olivier Blanchard, the IMF's chief economist, said at a news conference yesterday in Washington, D.C. The IMF is meeting with Group of 20 nations this weekend to discuss threats to the global recovery.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 211.57 (13,996.86)	+ 0.10 (104.55¢ US)	– $2.87 US ($109.92 US)	$4.108 US (+ 6.7¢ US)	$1,468.10 US (– $6 US)

Airline chief's pay soars to $4.6M

Air Canada chief executive Calin Rovinescu's total compensation jumped nearly 77 per cent to $4.6 million last year as the carrier sharply improved its profits and shored up its finances.

The head of Canada's largest airline earned $2.6 million in 2009 after becoming CEO on April 1, Air Canada said in its proxy circular to shareholders. The 2010 compensation totals for a full year compared with a nine-month period the previous year. If the 2009 salary is annualized, Rovinescu earned 32 per cent more in 2010.

Included in last year's total were "milestone payments" totalling $150,000 for each quarter in 2010, as prescribed in his contract.

If he remains on the job on March 31, 2012, Rovinescu will also be eligible for a $5-million retention payment. That amount was included in his original 2009 contract.

In addition to $3 million in cash Rovinescu obtained last year, he also received $1.4 million of Air Canada shares and $156,400 of retirement benefits.

The total remuneration of the airline's four top executives increased slightly in 2010, a year when the airline generated sharply higher profits and reversed a 2009 loss.

Air Canada is in the process of negotiating contracts with its unionized employees. Pilots are slated to vote April 15 to 27 on a tentative agreement.

Customer-service agents are attempting to hammer out a deal with the help of a federally appointed conciliator.

For the full fiscal year, Air Canada reported a net profit of $107 million, compared with a loss of $24 million in 2009 as revenues grew to just under $10.8 billion.

The full-year results took into account a load factor of 81.7 per cent, which the company said is also the highest in its history.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Rovinescu: Air Canada turned a profit under his watch.

Gasp! Are Americans leaving cars at home?

With the price of gas above $3.50 US a gallon, there are signs that Americans are cutting back on driving even though the economy is improving. Gas sales have fallen for five straight weeks for the first time since November, says MasterCard SpendingPulse. The decline has analysts puzzled because Americans typically curb their driving only as a last resort. THE ASSOCIATED PRESS

She says ...

JESSICA NAPIER

MESSAGE OVERLOAD

I'm not what you would call technologically inclined. I collect old typewriters, scribble all my appointments in a moleskin notebook and every cellphone I buy malfunctions just a few days after the warranty expires.

But as much as I hate technology, I hate being out of the loop even more. And so, this weekend I reluctantly downloaded LivePro-file — a new instant messaging app for my BlackBerry. Do I need yet another way to host multiple conversations on my mobile? Of course not.

And, yet, it would appear that our generation's voracious appetite for instant messaging still hasn't been satisfied. This latest cross-platform service quickly surged to one million users in just five days after launching an app for BlackBerry users at the end of March.

So if you were having trouble connecting with me via BBM, SMS, Gmail chat, Facebook, Skype, LinkedIn, Twitter, email and, oh yea, the actual telephone, there is now a brand new way to reach me on whatever smartphone of choice you have glued to your sweaty palm. Ironically, the more ways there are to stay in contact, the less connected I feel.

My desire to join the conversation (wherever it might be) means that quality correspondence gives way to compulsion. I routinely experience phantom vibrations (Google it) and like Pavlov's poor canine, I start salivating at the very sight of a blinking red light.

The pressure to keep up with the rapid dialogue these technologies facilitate diminishes our ability to nurture meaningful relationships. We let cellphones become the intrusive third wheel on dinner dates and scan status updates and online photo albums instead of planning face-to-face catch-up sessions.

So, has this brave new world of mobile messaging left us entirely out of touch with reality? Maybe not.

Last week I received a handwritten letter from a long-distance friend. This small note probably took her less than 20 minutes to compose, seal, stamp and mail and yet it was infinitely more meaningful than 20 days worth of instant messaging.

I read it over no less than three times before carefully placing the pages on a pin board in my bedroom — a much more tangible keepsake holder than my virtual catalogue on Pintrest.com.

I'll preserve the letter like an ancient relic of a time gone by to remind myself that every once in a while there is real value in going offline. Because maintaining a constant stream of texts, tweets, pins and posts doesn't really seem like networking anymore, it just seems like work.

Read more of Jessica Napier's columns at metronews.ca/shesays

Worth mentioning

The six humans circling the Earth said yesterday they will join in the celebrations of two prominent space anniversaries from the best vantage point of all — orbit.

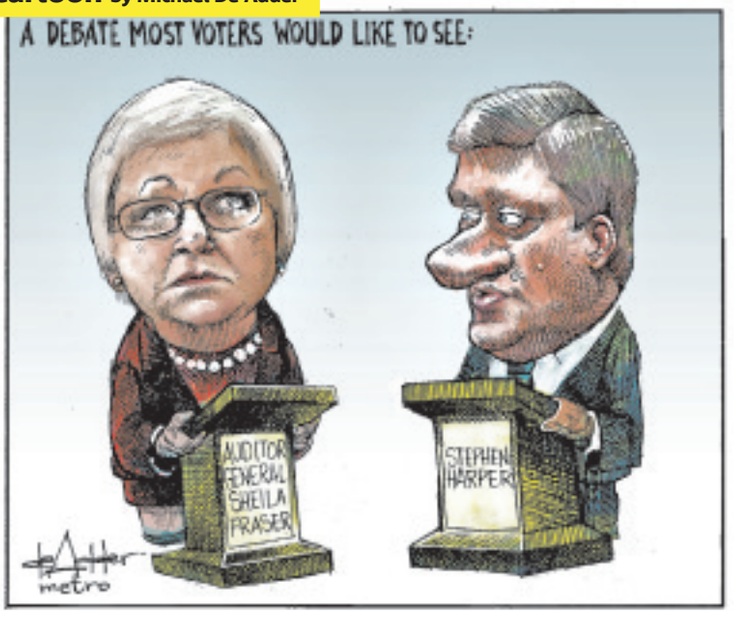
Today marks the 50th anniversary of man's first journey into space and the 30th anniversary of the first space shuttle launch.

"We're going to spend the day (today) recognizing it in probably the best place you possibly can, that's on orbit and looking at our beautiful Earth," American astronaut Ronald Garan Jr. told The Associated Press from the International Space Station.

The space station's Russian commander, Dmitry Kondratyev, said the human dream of flying to the stars came true with Soviet cosmonaut Yuri Gagarin's flight on April 12, 1961.

"Fifty years is a short period of time in history, but look at that leap from a small spacecraft to the huge International Space Station," Kondratyev told the AP. "We hope that during the next 50 years, another leap that is not less than has been done, will be done." THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

Bring apple for a teacher, snack for a judge

If you have to face a judge, try for first thing in the morning or right after lunch. A new study suggests that is when they are most lenient. Seeking to test the idea that justice depends on "what the judge ate for breakfast," researchers studied 1,112 rulings by Israeli judges who were presiding over boards deciding whether to grant parole to prisoners.

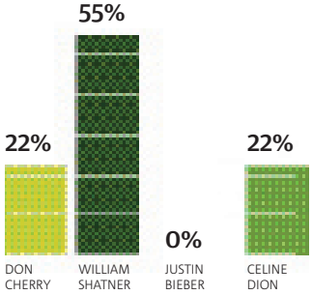
"We find that the likelihood of a favourable ruling is greater at the very beginning of the work day or after a food break than later in the sequence of cases," the researchers report in today's edition of Proceedings of the National Academy of Sciences.

They found that at the beginning of a court session about 65 per cent of the rulings tended to be in favour of the prisoner, but the chance of a favourable ruling declined to near zero by the end of the session. After a break for a meal, favourable rulings for the prisoners jumped back up to about 65 per cent, and then began declining again. And the pattern held true for each of the eight judges observed over 50 days, they noted. THE ASSOCIATED PRESS

metro life panel

Register at metrolifepanel.ca and take the quick poll

Forget the current federal leaders, who would make a better prime minister?



Local tweets

- **@YoungDriversLon:** Next course starts this Saturday April 16. #ldnont Call 519 434 2181 for info or visit www.yd.com
- **@jamesshelley:** Thames River Clean Up on Saturday — wanna help? #ldnont http://tinyurl.com/5sguh7b
- **@Just2BMeNetwork:** Ladies size 16-8X — Penningtons/Laura Plus Bus Trip-Toronto May 1-details @ www.just2bme.ca #Ldnevnt #ldnont
- **@emsots:** i'm looking at all the #UWO students tweets and realizing i'm terrified of university. studying at 3? me and all nighters don't get along.
- **@Evolving:** #stats exam tonight 7pm! I so want this to be over! :-) #uwo
- **@jenyewonkim:** I think it's time for a booster juice in this gorgeous weather! #ClubWeldon #imnotbeingsarcastic #uwo #ldnont
- **@JA_Salv:** playoff beard/exam beard ... i'll take any reason to be lazy, grubby and grow a beard #uwo #exams #nhlplayoffs

metro
METRO LONDON • 350 Talbot Street • Main Floor London ON • N6A 2R6 • T: 519-434-3556 • Fax: 888-474-3094 • Advertising: 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca• Distribution: london_distirbution@metronews.ca • **Publisher** Irene Patterson, **Managing Editor** Jim Reyno, **Sales Manager** Charlotte Piper, **Distribution Manager** Rob Delvallet • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Asst. Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Assist. Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

2 scene

Scene in brief

Reese Witherspoon mourns the loss of her privacy. The Oscar-winning actress says she sometimes sits in her car crying because she cannot go out in public as much as she'd like. Witherspoon says in the May issue of Vogue that although much of her life belongs to other people, but she wouldn't trade it.
THE ASSOCIATED PRESS

Rutgers students seek Bruce Springsteen to help polish school's image, counteract Snooki event

When the NHL playoffs begin tomorrow, Canada's national pastime will be pervading our everyday lives To prepare you, here are the best movies to get your hockey mind in the mood for a long grueling Stanley Cup run

An all-star lineup of hockey's best movies

MVP (Best Overall): Slap Shot (1977)
Nothing has captured the rough-and-tumble life of hockey as well as Paul Newman leading the Charlestown Chiefs and those bloodthirsty Hanson Brothers. Based on a real 1970's semi-pro team called the Johnstown Jets, Slap Shot is the Wayne Gretzky of all hockey movies.

STEVE GOW
SCENE@METRONEWS.CA

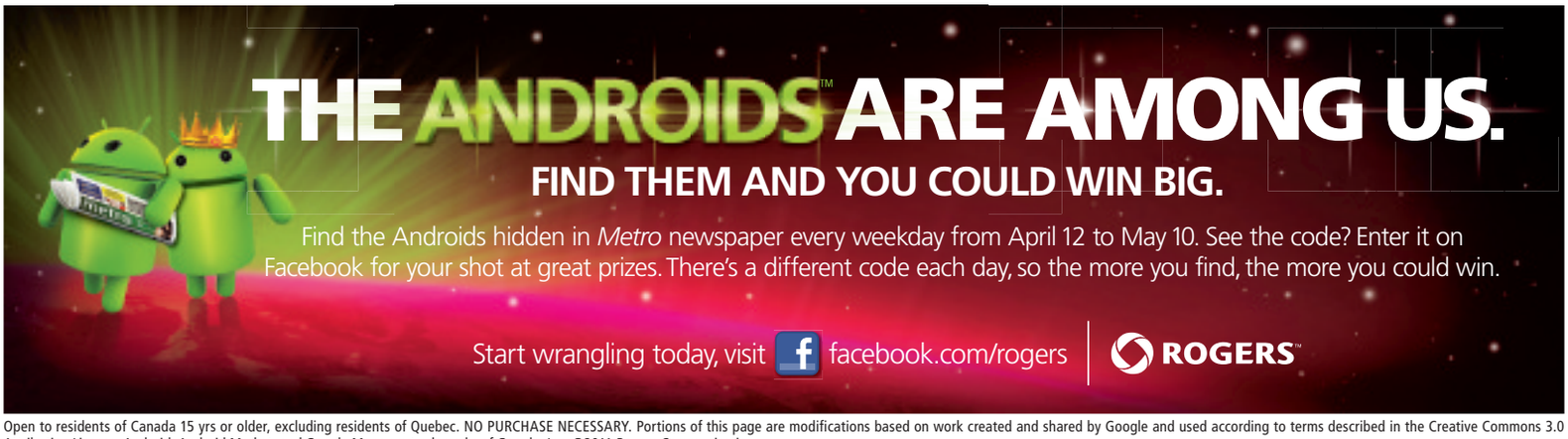
Most Sportsmanlike: The Rocket (2005)
This inspiring biopic about legendary Habs star Maurice Richard is remarkable for noting the struggles of a determined Francophone player in the NHL's brutally fierce early days. It earned nine Genie Awards including best actor for Roy Dupuis.

Most Improved (with time): Sudden Death (1995)
Sure, it may not be a hockey movie per se, but with Jean-Claude Van Damme trying to halt a terror attack during the Stanley Cup finals, Sudden Death is definitely worth revisiting. Besides, any movie featuring a three-minute fight scene between the Muscles from Brussels and the Pittsburgh Penguins mascot can't be that bad.

Player's Pick: Miracle (2004)
"I love (Miracle) simply because it's a huge moment in hockey history," said Vancouver Canucks forward Mason Raymond of the dramatic retelling of Team USA's gold-medal win in the 1980 Winter Olympics. "That movie shows everyone what hard work, team work and a bit of luck can give ... it should be mandatory for all future hockey players to watch that movie."

GETTY IMAGES

Top Prospect: Goon
Directed by Michael Dowse (Fubar) and starring Jay Baruchel from a script he co-wrote, this comedy about a bouncer who finds his calling as a hockey goon recently wrapped filming in Winnipeg and will undoubtedly cinematically reclaim the game for Canada when it hits theatres later this year.


THE ANDROIDS™ ARE AMONG US.
FIND THEM AND YOU COULD WIN BIG.
Find the Androids hidden in Metro newspaper every weekday from April 12 to May 10. See the code? Enter it on Facebook for your shot at great prizes. There's a different code each day, so the more you find, the more you could win.
Start wrangling today, visit facebook.com/rogers
ROGERS

Open to residents of Canada 15 yrs or older, excluding residents of Quebec. NO PURCHASE NECESSARY. Portions of this page are modifications based on work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. Android, Android Market, and Google Maps are trademarks of Google, Inc. ©2011 Rogers Communications.

Halle thinks she's not the marrying kind

Blames poor choices in love on lack of good male role model

ALL PHOTOS GETTY IMAGES FILES

Halle Berry

Halle Berry has decided, after some trial and error, that marriage just isn't for her, according to the Sun.

"I wish I had known then that I was not the marrying kind. It would have saved me a lot of time, heartache and grief over the years," Berry says.

"I made all the wrong choices when it came to love. I have been an idiot."

And the Oscar-winner attributes that behaviour in part to her upbringing: "My father left us when I was young and that did affect my life," Berry says. "If I had a good father in my life, growing up, then I do not think I would have made the mistakes I made ... I would have had a good role model and known what to look for." METRO

Kelly Osbourne

Osbourne worried about weight

Kelly Osbourne is reportedly considering gastric bypass surgery to maintain the results of her recent weight loss after she returned from vacation to find some of the weight coming back, according to the Daily Star.

"Kel's at her wit's end over her weight and is worried she's putting back all the pounds she fought so hard to lose. She's recently been on holiday and put on almost [14 pounds] while enjoying herself," a source says. "Kelly knows a gastric band would be drastic but she's desperate to keep the weight off.

The Fashion Police star is reportedly also worried about her standing as the face of Madonna's Material Girl fashion line.

"She's scared of getting axed in favour of someone skinny if she puts on more weight," the source says. METRO

Celebrity tweets

@JessicaSimpson
"Rumor patrol...I haven't been to the DMV in years!!!"

@daxsepard1
"I was hit by a range rover a month ago on Vermont. If anyone saw this please let me know. Photos would rule."

@1capplegate
"It doesn't matter how rough a day can be, or how little sleep I get.When I look into those blue eyes..everything washes away. I love my baby"

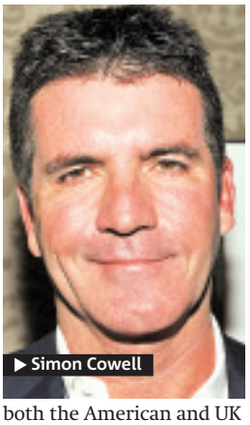
@pattonoswalt
"Sitting next to Kristin Davis on plane, which sucks 'cuz I'm a total Miranda."

Cowell's family fears burnout

With the U.S. version of his hit show X Factor set to launch, Simon Cowell is a busy man — perhaps too busy.

"Simon's mom is freaking out. His family thinks he's doing too much and are telling him to slow down before his workload seriously damages his health." a source tells the Sun.

Cowell is reportedly planning to be a judge on both the American and British editions of the show, though some have their doubts. "Simon's a workaholic but he'd need a time machine to be physically able to appear on both the American and UK versions," another source says. METRO


Simon Cowell

Quaid: It's just what you did

Though his struggles with cocaine addiction haven't been a secret, Dennis Quaid is opening up about his struggle in his own words.

"It was very casual at first. That's what people were doing when they were at parties. Cocaine was even in the budgets of movies, thinly disguised," the actor writes in an article for Newsweek.

"My life was falling apart, and I noticed it myself, but I was hoping everyone else didn't. I'd wake up, snort a line, and swear I wasn't going to do it again that day. But then 4 o'clock rolled around, and I'd be right back down the same road like a little squirrel on one of those treadmills." Quaid entered rehab in the early 1990s. METRO

Dennis Quaid

Sheen missing old job?

While bringing his Violent Torpedo of Truth tour to New York's Radio City Music Hall, Charlie Sheen seemed to change his tune when it came to Chuck Lorre, his Two and a Half Men boss and verbal sparring partner.

"Let's get Chuck Lorre at Radio City and let's fix Two and a Half Men, Sheen told the audience. "Of course I want my job back." As for his departure from the show, Sheen wanted to be clear about one thing: "They fired me, man," he said.

"I made them $5 billion and gave you guys almost a decade of entertainment and they fired me. I was having too much fun. What did they expect?" METRO

3 life

Still healthier

All in all, religious people do tend to live longer than non-religious people, mainly because religious people — as a cross-section of the population — tend not to smoke, says Matthew Feinstein, a researcher at Northwestern University.

CELIA MILNE

A religious fattening

ISTOCK PHOTO

▶ A new study found people with higher religious participation were more prone to being obese.

New study finds that those with high religious participation were more likely to be obese ◗ Blame placed on calorie-rich comfort food

CELIA MILNE
LIFE@METRONEWS.CA

Something about religion makes people fatter.

New research in Chicago has found that young people who do religious activities at least once a week are twice as likely to become obese at middle age as those with no religious involvement.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found," lead researcher Matthew Feinstein told Metro.

Feinstein and colleagues from the Northwestern University Feinberg School of Medicine kept track of the religious habits and weights of 2,433 young men and women for 18 years.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found."
MATTHEW FEINSTEIN

At the beginning of the study subjects were between age 20 and 32, and all were a normal weight.

Several religions were included: Protestants, Catholics, Muslims and Jews. Those who had a high frequency of religious participation (attending at least once a week) were 50 per cent more likely to be obese by middle age.

Which comes first? Religion or obesity?

This study establishes that something connected to the high religious involvement is associated with weight gain over time, not that obese people take up religion.

Feinstein suggests religious groups should use their get-togethers to educate the faithful about preventing obesity through better nutrition and regular physical activity.

The data were presented at an American Heart Association scientific session in Atlanta, Ga.

The people in the study were part of a larger study called the Coronary Artery Risk Development in Young Adults. The object of the study was to find out which groups are at higher risk for obesity, and therefore diseases and earlier death.

The burden of bearing children

Are kids making parents less fit? Childless adults better at keeping in shape than peers

Could kids be to blame for new parents' bad health habits? A study found that mothers of young children were heavier and ate more calories, sugary drinks and fatty foods than childless women. Dads and moms in the study were less active than their peers without kids.

"This isn't a study about blame," said co-author Jerica Berge, a University of Minnesota researcher. "This is about identifying ... a very high-risk time period" for parents that doctors should be aware of so they can offer solutions, she said.

That may include diet advice, parent-child exercise classes, or just getting parents to take walks with their kids, the researchers said. The study involved 1,520 adults aged 25 on average, including parents with children younger than five years old. They were among more than 4,000 Minneapolis-area public school students enrolled in a study in their teens; the new study includes those who responded to followup surveys.

THE ASSOCIATED PRESS

ISTOCK PHOTO

▶ Parents with kids were found to be less active than their peers without children.

TV watching at meals indicator of more overall screen time for three-year-olds: Study

Seat yourself at The Spot to Eat, but walk away satisfied

Service at this eatery might be intermittent but the food makes up for it

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

PAUL MITCHELL

▶ Pulled-pork barbecue sandwich with coleslaw and fries ($9.04).

The Spot to Eat claims to serve "London's Best Shawarma". I didn't order it so I can't attest to it being the best, but it looks to be the biggest. Actually, all portions are huge. For lunch value, The Spot to Eat is very appropriately named.

A family restaurant, the split-level eatery offers the fan favourite all-day breakfast. The menu features traditional diner fare of grilled sandwiches and deep-fried goodness along with kabob and gyros.

I am told that everything on the menu is home-made and fresh so I order a pulled-pork barbecue sandwich deluxe that includes vinegar-style coleslaw and fries ($9.04).

The pork tastes great and has an incredible tangy sauce, but could be braised slightly longer. The fries are cut with skins on and have an unexpected earthy flavour. The popular fattoush salad dish topped with shawarma ($7.99) is generous in size.

The Spot to Eat's service is friendly if intermittent. Be prepared to seat yourself and to walk away full.

The Spot to Eat
206 Central Ave.
519-204-3971
thespottoeat.com
Reservations: No
Price range: $6 - $12
Rating: 4 out of 5

Oh Boy! Po' Boy Catfish Sandwich

EMILY RICHARDS
FOOD@METRONEWS.CA

Ingredients:

- ½ cup (125 mL) flour
- 1 egg
- ¼ cup (50 mL) milk
- 1 cup (250 mL) cornmeal
- 1 tsp (5 mL) each cayenne pepper, garlic powder and salt
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tbsp (30 mL) oil
- ½ cup (125 mL) mayo
- 1 tsp (5 mL) mustard
- 4 submarine rolls
- 2 tomatoes, sliced
- 2 cups (500 mL) shredded lettuce
- 4 lemon wedges

Preparation:

1. Place flour in dish. In another dish, whisk egg with milk. In a third dish, combine cornmeal, cayenne, garlic and salt. Dip fillets in flour. Dip in egg mix followed by cornmeal mix; coat well.
2. In skillet, heat oil over medium-high heat and add 2 fillets. Cook for 4 minutes per side or until a golden brown and fish flakes easily with a fork. Repeat with remaining fillets; add more oil if needed.
3. Meanwhile, in bowl, stir mayo with mustard and slice rolls in half horizontally. Spread bottom half of each roll with mayo and top with sliced tomatoes and shredded lettuce. Top with cooked fish fillet and serve with lemon wedges.

CATFISHINSTITUTE.CA
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Does your parrot talk too much?

Place your ad in Metro classifieds

metroclassifieds.ca | 1 800 527-6767

CUT THE FLIRTING OR FACE THE RESULTS

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS @METRONEWS.CA

I'm in a great relationship with my girlfriend of three years. Lately though, I've been hanging out with her friend who now works for the same company I do. My girlfriend is OK with it, and nothing's going on, but her friend's a little flirtatious. Is it still OK to hang out as long as no moves are made? Want to Do the Right Thing.

Claire: Tick tock...tick tock. That's the sound of a bomb waiting to blow, my friend. If you're uncomfortable enough to ask whether or not a line's being crossed, then maybe you should back off.

First step is to avoid those intimate one-on-ones. Go out for lunch in groups, avoid her when drunk at the office Christmas party. Every now and then, talk about how great your girlfriend is. Mention how you speak to her in weird baby voices, and what your next vacation together will be like. Keep the venting strictly for boys and beer.

Andrea: Andrea may be my half sister, but we are in full agreement on this one. The fact that you'd even write this is a sign that you've thought about it going further (which is normal, but dangerous). It's that stereotypical slippery slope that starts with her stopping by your desk to borrow a Post-It, and ends with you imagining her on your desk, doing things that have nothing to do with Post-Its. So, since you asked, the rules are: group lunches only, burp often and loudly, scratch often and blatantly, and swear like a rabid trucker.

WHAT ARE YOUR TOP 10 THINGS TO SPEND LOYALTY AND REWARDS POINTS ON?
Take the Metro Life Panel survey April 15 and you could WIN a Powermat Wireless Charging System!
Results will be published in the Loyalty and Rewards Special Feature in Metro on April 26.
Survey will be emailed to panelists on April 15.
REGISTER TODAY AT METROLIFEPANEL.CA
metro life panel

Therapist reveals the naked truth

ROMINA McGUINNESS
LIFE@METRONEWS.CA

Sarah White is a naked therapist. Not spiritually naked, but physically naked: During a one hour session, conducted online, via webcam, she'll gradually take off her clothes while offering therapy.

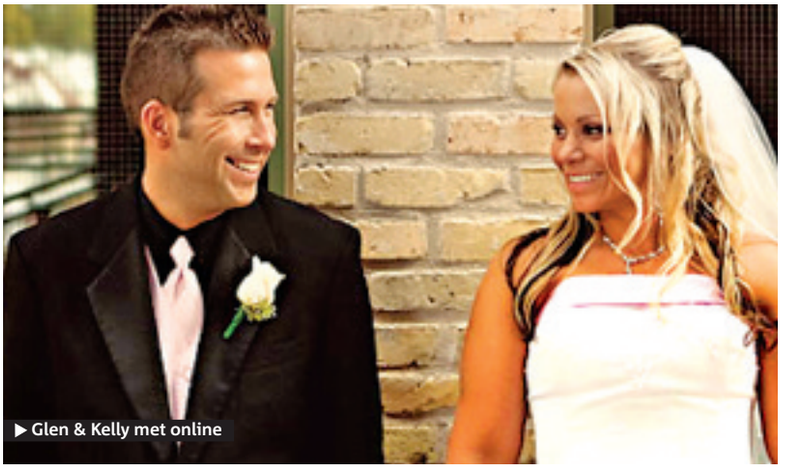
White's new technique garnered worldwide press a few weeks ago, causing cynics to roll their eyes (she's unlicensed and bases her techniques on tenets she learned as a psychology undergrad student) and others to log on immediately (at sarahwhitelive.com).

White, interviewed via webcam (while fully clothed), insists that her sessions are "no strip show," and that what she provides is a unique and mind opening experience that can make people feel freer, stronger, happier and healthier.

So who uses the service? "I speak to single men trying to get better at meeting girls, guys that want to know what women want and those that just aren't comfortable around naked women," says White. She also gets married men who want to speak to someone other than their wife. "Sometimes these guys are involved in stale relationships and are just curious to find new ways to spice things up."

FAME PICTURES/KEYSTONE PRESS

▶ White says her therapy is not a strip show



▶ Glen & Kelly met online

'LIKED' EACH OTHER

Names:
Glen, 31 and Kelly, 32

Hometown:
Winnipeg

Together since:
2006

Their story:

I (Glen) met my wife Kelly online. We didn't meet on a dating site per se, but rather on hotornot.com. (For those not familiar with the site, anyone can upload a photo of him/herself for others to view and rate on a scale of one to 10. If you're looking to meet someone, there's also a section where you can post a brief personal profile and "like" profiles of others whom you are interested in.)

"Kelly liked my profile and photo, and the rest, as they say, is history. We chatted online and on the phone for about six weeks before we met in person. Kelly has a daughter, Kassidy, so she was very cautious; she wanted to be sure I wasn't a creep! In those conversations, we discovered that we had a lot in common and even started to finish each other's sentences! Kelly actually canceled our first date out of nervousness; she thought things were too good to be true and that one of us would be disappointed. Fortunately, I managed to talk her into it, and when we finally did meet, it was incredible!

"We were married in October 2009 and, last September, we welcomed a handsome baby boy, Lexan!

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

CRA calling? Pick up!

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Remember what it felt like to be sent to the principal's office? There you sat, terrified of the consequences, fearing your parents would be told of your transgression and convinced that life, as you knew it, had come to an end.

Fast forward into adulthood and even a mere query from the Canada Revenue Agency is enough to put you right back on that hard chair, stomach churning, as you waited for an audience with the principal.

Whether it is a query, a re-assessment or a full-blown audit, H & R Block offers seven tips to help you get through it.

Deal with it: Don't ignore those brown CRA envelopes. Open. Read. Act. And if you get a phone call return it promptly. Sticking your head in the sand definitely does not work with the CRA.

Meet the deadlines: Whether it's a request for moving expenses or proof of childcare costs, there will be a deadline which you should note in big red letters on your calendar. Otherwise you risk re-assessment and denial of the claim or credit. However the CRA will often extend a deadline if you call in advance.

Find your paperwork: The CRA will not be sympathetic if you plead disorganization. Lost or missing paperwork will only make the process longer and the likelihood of unfavourable reassessment greater.

Ignore tips from friends: Your friend may be claiming a boat on a lake up north somewhere as an employment expense but don't be tempted to follow suit. Same goes for things such as cell phones. Employment expenses can only be claimed with form T2200 and must be included in your employment contract.

Pay up front: Pay any balance after a re-assessment immediately. You can file a Notice of Objection if you disagree. If you are successful you'll be refunded the money and if not you'll have avoided interest charges during the process.

Stand up for yourself: The CRA can be heavy handed. If you feel the CRA treatment has been unreasonable or unfair complain to the Taxpayers' Ombudsman Office which ensures the Taxpayers' Bill of Rights is being upheld.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

PRE-NUPTIAL PANIC?

Sometimes people feel the need to protect their net worth from their partner. Perhaps there's a great disparity between assets or income or this is a second marriage. Children from a previous union might be involved or one partner could own a business. Other times; there are trust issues. Generally, whatever is accumulated during a marriage or a recognized common-law union is considered community property and would be divided equally during divorce and separation proceedings.

But, tools such as cohabitation and prenuptial agreements can be signed prior to joining households. These papers define rights, obligations and how each partner wants to own their assets if the union ends.

Regardless of your personal view, take an inventory of all your assets prior to marriage or moving in. Sometimes asset values (or entitlement) can get blurred through divorce and separation proceedings. By having a clear record of what you own and its value (use an appraiser if you need to and keep your receipts), asset values will be very clear.

The alternative to having a legal agreement is complying with divorce and separation laws, which can have some very unintended and uncontrollable outcomes.

Going a little coupon crazy

TLC's new show Extreme Couponing points camera at shoppers with some serious saving skills

ISTOCK

▶Do you think you could reduce the cost of your grocery store by over 90 per cent?

The supermarket is the latest stop for cable television's freak show.

J'aime Kirlew takes five hours to prepare for a trip to the grocery store, carrying with her a box of coupons and a list that shows every item the store sells and where it is located. She puts on her "game face," applying makeup before heading to the checkout stand, and dances a jig when a nearly $2,000 shopping bill is reduced to $103.72.

"My image is very important to me," says the paralegal from Bethesda, Md., on the hotly anticipated series Extreme Couponing, which airs on TLC on Wednesdays. The show follows shoppers whose intense devotion to finding bargains can whittle a $555.44 grocery store bill down to $5.97.

Extreme Couponing adds to cable networks' long list of programs about odd behaviours (Hoarders), unusual professions (Ice Road Truckers) and human tragedies (Intervention).

Get it right, as History has done with Pawn Stars, and you've struck gold with a hit that can help define a network.

Extreme Couponing competes for best new show title with Discovery's Hogs Gone Wild, about people whose jobs are to chase wild pigs.

TLC is excited about the show's potential. The network previewed an episode of Extreme Couponing during the holidays last December, giving it little promotion. Executives hoped to get about one million viewers, and instead it got more than twice that, said Amy Winter, the station's top executive.

"It just made this absolute connection to our audience, who wish they could save money like these people," Winter said.

Kirlew dove into coupon-cutting when her husband lost his job more than a year ago. Her local newspaper delivers bundles of leftover advertising inserts onto her sidewalk, which she uses in addition to a laptop computer to figure out sales.

Need a paper towel? A shower stall in her home is stuffed with 450 rolls of toilet paper and 250 rolls of paper towels. Her compulsiveness is also obvious in the supermarket aisles, when cameras catch her buying 62 bottles of mustard, even as her husband gently reminds her, "I don't eat mustard."

She leaves one plastic bottle on the shelf for other shoppers.

Another shopper profiled uses the house her family of nine owns as a storage area. She had to install storage shelves in her bedroom and stuffs toilet paper under her two-year-old's bed.

"We have to keep everything everywhere," said the shopper, Tiffany Ivanovsky of Spring, Texas. "I feel like the walls are just closing in on me."

Ivanovsky estimated she's saved nearly $40,000 in two years of clipping coupons.

Fellow shoppers stand around and applaud when Kirlew and Ivanovsky go through the checkout line. The clerks, who have to punch in every coupon to their cash registers, look less happy.

"You sort of have this feeling like they're getting away with something, but they're not doing something wrong," Winter said. "They've figured out the system."

On a shopping trip shown during the first episode, the Ivanovskys figured out that between a store coupon and mail-in rebate, they were actually OWED $1 for every box of cereal they took home. So they added to the stockpile of 100 cereal boxes already stored in their home.

THE ASSOCIATED PRESS

What does your study style say about you?

Whether you prepare weeks in advance or pull an all-nighter, how you study affects long-term learning

PAULINE ANDERSON
LIFE@METRONEWS.CA

Zara starts studying for exams weeks in advance, often meeting with her classmates to compare notes. Nicholas is a perpetual procrastinator, cramming for every exam the night before.

They're both straight A university students. However, research shows that Zara is much more likely to retain the information she learns for years to come.

"Long-term learning is done over an extended period of time," says André Malan, student development coordinator at Chapman Learning Commons, with the University of British Columbia. "You can't learn things long term with one cram session. The brain doesn't work like that."

Malan oversees a group of academic coaches — student peers who assist other students to improve their study habits through goal setting, provision of online resources and workshops on issues around learning.

Studying in groups enhances the retention of information because it helps to keep you focused. "On average, students who learn together or study together will do better than those who don't," says Malan.

"If you have a problem, instead of trying to figure it out yourself and spending an hour on it, you can get someone to explain it to you in 10 minutes. That's an obvious advantage."

And, humans are wired to be part of a group experience, he adds.

Of course, there are exceptions. We all know students who just aren't able to focus with other people around. They get distracted and start discussing things like the upcoming dance or movie night.

If your goal is just to pass the upcoming exam rather than learn from it, cramming might even get you a better mark than someone who prepares well in advance.

ISTOCK

▶ Long-term learning can't be achieved with cram sessions.

Study styles

- **Study habits** can say a lot about a person's personality, says Dr. Irvin Wolkoff, a Toronto psychiatrist. "Personality is like a fingerprint that shows up in everything that an individual feels, thinks and does, including study styles."
- **People who** organize their sense of self around interactions with others are likely to have a "group study" style, says Wolkoff. In contrast, those whose personality is perhaps a bit light in terms of standards and values may not see the need for steady application, making all-nighters necessary, he says.
- **It's a good idea** to learn your study style, says Dr. Wolkoff. "Once you know how you're inclined to work, you can shore up your weaknesses and play to your strengths."

I WANT TO GO FURTHER

Royal Roads University lets you complete a bachelor's degree in one year or two. Choose an accelerated one year on-campus program or a two year online program that builds skills and credentials to take your career to the next level.

Find a program that's right for you in commerce, professional communication, international hotel management, justice studies, environmental science, or environmental management.

Our flexible admissions recognizes previous academic and work experience. For specific program admissions criteria, contact an enrolment advisor today at 1-877-778-6227, or learn.more@royalroads.ca.

Visit us at www.royalroads.ca

UNDERGRADUATE PROGRAMS

VICTORIA BC CANADA | ROYAL ROADS UNIVERSITY

ISTOCK IMAGES

What's new on campus

Westervelt students shine in hotel and restaurant industry
Westervelt College was awarded the Supplier of the Year award from the Ontario Restaurant Hotel Motel Association for consistently being a top provider of quality employees to the hotel and restaurant industry. As the economy recovers, it's a matter of time before the industry starts to fill vacancie. Westervelt is a great place to get that training.

OIART welcomes a high-profile music professional
Earlier this year, the Ontario Institute of Audio Technology Recording welcomed engineer/mixer and producer Dean Nelson as the full-time Pro-Tools and Production instructor and curriculum advisor. Until starting this gig, Nelson served as engineer/mixer to internationally known musician and producer Beck.

Previously, Nelson spent five years as an engineer and assistant to famed mixer Jack Joseph Puig. Nelson says coming to OIART was an easy decision and an opportunity to give back to the school that got him started. He becomes one of a growing list of successful OIART alumni years returning to teach at the school.

Medix teacher strengthens fitness pro program
Exercise physiology teaching specialist Rob Tranter has his Medix School students chasing their dreams, and a unique modular program allows qualified adults to begin in monthly intervals. After acquiring 10 credits, and a fitness studio externship, students are flown to Las Vegas to complete a 60-hour national strength and conditioning association boot camp for a third global certification in addition to in-curriculum CanFitPro personal training specialist and nutrition and wellness specialist.

A dozen students currently enrolled in the PFC program have been school role models, embracing EQ concepts of motivation, social skills, self-regulation, empathy and self-awareness.

Risky business: Ivey School research
Since cigarette advertisements were banned in Canada in 1988, there has been controversy about the content of advertisements for products associated with other "risky behaviours" such as gambling, alcohol and fast food. A new Ivey School of Business research paper into consumer behaviour, shows once a person's ability to resist temptation has run out, he or she can become susceptible to advertising for other addictive products. Dante Pirouz, professor at Ivey School of Business, has been studying how ads can induce risky consumer behaviour. Pirouz's research has a number of implications for both public policy makers and marketers. It can help public policymakers protect consumers from addictive or unhealthy products.

Western University engineering students come out on top
The best and the brightest engineering students in Canada gathered earlier this month at McGill University in Montreal for the 2011 Canadian Engineering Competition — and a group of four Western University Engineering students brought back the first-place trophy in the Consulting Engineering category! The designs and development process was presented in a press conference format to a panel of judges. The teams were judged on their ability to come up with a sustainable solution that considers the economic, environmental and social impacts of their proposed solution.

Fanshawe's culinary students have a delicious win
The food was cold but the talent was hot as Fanshawe College's Culinary team won eight gold and silver medals at the Canadian Culinary Federation's (CCFCC) cold food salon in Toronto on last month. With three silver medals, four golds, plus one grand gold (best in category), the Fanshawe team not only took home more medals than any other college in Canada, they also won highest standings!

triOS is a great place for finding second careers
Christy Cook is a great example of the career hop, step and jump that post secondary education provides. Cook graduated from a fitness and health promotion community college program in 2003. After spending some time working in long-term care and at retirement homes, she realized that she wanted to focus more on rehabilitation. Missing the skill set needed to work in rehabilitation, Cook decided that she needed to upgrade her education. She turned to the physiotherapy program at the triOS London campus. Today, Cook is a team leader at PT Health. She is responsible for training new staff and providing employees with the support to meet the needs of their clients.

Huron University shows its generosity
Ongoing fundraising efforts at Huron University College have raised more than $1,600 for victims of the earthquake and tsunami in northern Japan. The money was generated largely through a donation box and proceeds from a March 24 concert that featured pianist and Western alum Kumi Miyagawa. All together, the combined total from Huron efforts, donation boxes placed throughout the city, and the work of UWO's Japan Students' Association, has topped $9,200.

4 sports

Hockeytown springs into action again

Red Wings haven't sat out a playoff race since 1990 Can never be counted out as a Cup contender

As familiar as warm weather and rain is an appearance by the Detroit Red Wings in the Stanley Cup playoffs.

For the past 13 seasons they have been joined by the New Jersey Devils, but that has changed because the one constant team in the Eastern Conference didn't measure up this year. Detroit's dominance dates even further: Not since 1990 have the Red Wings sat out the race for the Cup.

Captain Nicklas Lidstrom, in his 19th NHL season, has seen it all. Throughout his surely Hall of Fame career, Lidstrom has only worn a winged wheel sweater and has never missed the playoffs.

He got a bit of a scare last year when Detroit qualified as a No. 5 seed. But Lidstrom and the Red Wings still managed to reach the second round with a tough, seven-game series win over the Phoenix Coyotes — their first-round opponent again.

"Having been with such a good organization for 20 years, and being part of a winning tradition here, you almost take it for granted," Lidstrom said. "Last year was the hardest one where we really had to focus and get some wins and had our backs up against the wall for pretty much the whole season."

"It's always been fun going into the playoffs. People are always waiting for April to come around for the playoffs."
WINGS CAPTAIN NICKLAS LIDSTROM

During this 20-season run, Detroit has captured the Cup four times and been to the finals in two other years.

The Central Division champions own the No. 3 seed this time. If they advance past Phoenix again, they could pose a serious threat to the Presidents' Trophy-winning Vancouver Canucks and the second-seeded San Jose Sharks, who are still seeking their first trip to the finals.

The Canucks have been knocked out in the second round by Chicago in two consecutive years. The Blackhawks rode last season's win all the way to the Stanley Cup title and will likely have confidence again when they take on Vancouver in the first round. THE ASSOCIATED PRESS

PHOTO BY GREGORY SHAMUS/GETTY IMAGES

▶ Captain Nicklas Lidstrom and star forward Henrik Zetterberg of the Detroit Red Wings look poised for another long post-season run this spring.

Sports in brief

1 Kim Clijsters cracked her ankle last weekend, and will likely miss the French Open starting May 22.

2 Don Cherry picked the Boston Bruins to beat the Montreal Canadiens in the first round.

3 Clay Buchholz was guaranteed just under $30 million US as part of a new agreement with the Red Sox that runs through 2015.
THE CANADIAN PRESS/ THE ASSOCIATED PRESS

572032

WHLer tops draft rankings

Centre Ryan Nugent-Hopkins of the WHL's Red Deer Rebels tops all North American draft-eligible players, according to the NHL Central Scouting Bureau final rankings.

Defenceman Adam Larsson of the Swedish Elite League is the top European prospect.

The 2011 NHL draft is scheduled for June in St. Paul, Minn.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Ryan Nugent-Hopkins

The rest of the North American top five are left-winger Gabriel Landeskog of the Kitchener Rangers, centre Jonathan Huberdeau of the Saint John Sea Dogs, defenceman Dougie Hamilton of the Niagara IceDogs and defenceman Nathan Beaulieu of the Saint John Sea Dogs.

The final ranking covers the top 210 skaters and 30 goaltenders in North America, as well as the top 140 skaters and 10 goaltenders from Europe.
THE CANADIAN PRESS

Sports in brief

Judge orders NFL mediation

MINNESOTA. The judge handling the lawsuit against the NFL ordered the sides to participate in court-supervised mediation, while saying yesterday she still is considering whether to grant a request for a preliminary injunction to lift the lockout.
THE ASSOCIATED PRESS

UConn star to enter draft

NCAA. Connecticut has called a news conference for today with guard Kemba Walker, where it is expected the junior star will announce that he will enter the NBA draft.
THE ASSOCIATED PRESS

HELP WANTED

General Help

Start with Primerica and build a new career in Financial Services. PT/FT, will train.
Call Jim (519) 670-3032

Office Help

KIDZONE DAY CARE CENTRE

FULL TIME EARLY CHILDHOOD EDUCATOR
Must be a current member of the College of ECE Ontario, vulnerable persons check, valid First Aid & CPR. Apply by email to kidzone_daycare@rogers.com or in person by April 15, 2010.
KidZone Day Care Centre
600 Sanatorium Road
London, ON, N6H 3W7

AUTOMOTIVE

Cars & Trucks for Sale

1998 HYUNDAI ACCENT
Purple 2 door coupe standard, very economical, only 82,144 km, gas wiser CERTIFIED e-tested $2,222.00
PEPE AUTO SALES AND LEASING
650 Little Simcoe St.
London, Ont
Call Johnny at 519-432-2886/520-6306

2001 DODGE RAM LARAMIE SLT
Sport red, 5.2 litre engine magnum, standard transmission, short box with tonneau cover. only 115,882km.
Really Sharp!
CERTIFIED e -tested, $6,555,
PEPE AUTO SALES AND LEASING
650 Little Simcoe St.
London, Ont
Call Johnny at 519-432-2886/520-6306

2003 Jeep Liberty Ltd
Feature power group, leather and sunroof
ONLY! 147k ONLY! $7447
Dennis Krogman Auto Sales - Since 1973
448 York St, London, Ont.
519-438-1182

2005 FORD TAURUS SEDAN
white, 3.0 litre engine, A/C, alloy rims CERTIFIED e-tested, Quick Sale $4,229.00
PEPE AUTO SALES AND LEASING
650 Little Simcoe St.
London, Ont
Call Johnny at 519-432-2886/520-6306

2006 Honda Civic CX
Feature power group, alloy wheels.
ONLY! 40K ONLY! $11,777
Dennis Krogman Auto Sales - Since 1973
448 York St, London, Ont
519-438-1182

Houses For Sale

752 Springbank Dr.
$409,900
Large Ranch with private backyard backing onto Mitchell Park. Updated kitchen and large dining room. Bedroom or office/den and TV area off the kitchen and dining room. Very Large living room. Master with attached closet and dressing room. Lower level has 3 bedrooms, bathroom and large family room with gas fireplace. Large laundry room that could be converted to a kitchen with storage. This home quite unique property with lots of character.

64 Dalhousie
$224,900
Charming open concept bungalow. Main floor laundry. 5 Appliances included. Light, bright, neutral decor. Ceramic floors in foyer. Hardwood on main level. Cathedral ceiling in dining & living rooms. Gas fireplace. Custom California shutters in main floor bedrooms. Beautiful gardens. 3 season porch. Over 1500 sq. ft. main and approx. 850 sq. ft. lower. 2 decks! Many updates: Garage door (2005) Front door & A/C (2006) Roof (2007) Skylights (2008) 48 Hour Irrevocable on all offers

Prudential Family Realty, Brokerage
An Independently owned and operated brokerage of Prudential Real Estate Affiliates, Inc

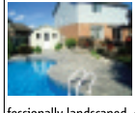
THE CHERYL MILLER TEAM
Adam Miller**, Cheryl Miller***, John Goodwin *
519-433-2323
301 Horton St E, London ON N6B 1L2
www.movingfamilies.ca
*Broker of Record, ** Broker, *** Sales Representative

For more information on these Properties TEXT FAMILY TO 65656 Then enter the house number
"std. msg/data rate apply Text T<MobileSiteID (eg.T####)> for terms"

519-963-2299
www.Accsell.com
Accsell REALTY INC. BROKERAGE
**Broker of Record* Sales Representative

12 Speight Crescent
Stan Burditt *
$192,900
Move in ready! Lots of curb appeal. The entire home professionally painted. New bay window (2010) in living room. The large eat-in kitchen. The lower level boasts an updated 3 pc. Bath. Large family room with corner gas fireplace. 3 cars driveway, 10 x 12 shed and new shingles (2009)

30 Cronyn Crescent
Stan Burditt *
$199,900
This 4 bedroom home backs onto Kiwanis park. Fabulous backyard has shed, pergola and pond. Garage with hydro, phone & Cable...perfect for workshop. 3 levels of updated space with a bathroom on each level! Hardwood floors and newer windows. Updates bathrooms.



1888 Downes Court
Adam Campbell *
$385,900
North London Home situated at the end of quiet cul-de-sac. Professionally landscaped, gas line for barbeque, custom shed/change room with cedar interior and a 4 year old heated, salt water pool. Professionally painted, beautiful hardwood and ceramic floors, gas fireplace, main floor office/den. Finished basement with 3 piece bath. California shutters on all windows, security system.

500 Osgoode Drive
Val Fournier *
$133,900
Lots of storage. Eat-in kitchen. Formal dining room overlooking living room with sliding patio doors to your own small deck and private fenced in yard. Basement has extra bedroom and finished den/home office, large storage and laundry room. Upstairs has three bedrooms, master bedroom has big triple closet. Parking included. Current condo fees under $200 add to the affordability.

1276 Staffordshire Rd
Adam Campbell *
$409,000
This lovely 4 bedroom 3 bath home located on a quiet road in desirable Hunt Club Green. This home features hardwood flooring on the main level, ceramic, great patio & a spacious main floor family room with gas fireplace. All 6 appliances are included: Fridge, stove, washer, dryer, microwave and dishwasher. This home is move-in ready, close to shopping, schools - both elementary & secondary, downtown but also accessible to walking trails and nature. 2 car garage.

143 Walnut Street
Garth Williams *
$194,900
This charming, 4 + 2 bedroom home in London's Oxford Park. Close to the Thames River near the parks, all amenities and public transit to downtown or UWO is only minutes away. Ideal investment with a beautiful large two room loft that has new reno's and insulation, some new windows, furnace, doors, kitchen components and added bedroom. The lower level has a full granny suite, large backyard and front porch. Ideal for a growing family or income property.

Houses For Sale

389 DUNDAS ST # 806
$174,900
This 2 bedroom, 2 full bathroom unit updated and move in ready. Ceramic flooring in the foyer, kitchen and bathrooms. In-suite laundry room with washer and dryer. Separate dining room and large living room with North facing balcony. Master bedroom features his and hers closets, master ensuite has been recently updated. Condo fees include heat, hydro, water, Cable TV (Rogers VIP), large indoor pool, sauna, and exercise room.

44 NOTRE DAME CR
$314,900
Large 4 level side split on a huge oversized lot complete with a heated 18 ft X 36 ft inground pool and a separate 22 ft X 40 ft 3 car heated garage/workshop. Cement driveway for 10+ cars. Beautiful 4 season Florida room with pine floors overlooking the pool and gardens. All windows except eat in area have been replaced. Roof (2005). Note Heat: Level 4 Forced air, Level 1 & 2 forced air and radiant, Florida room, gas F/P & Level 3 radiant. Large garden shed.

Cars & Trucks for Sale

2008 Nissan Versa SL Model
Feature power group, power sunroof, economical 6 feet stand.
Only! 102K Only! $9,777
Dennis Krogman Auto Sales - Since 1973
448 York St, London, Ont.
519-438-1182

REAL ESTATE

Commercial Real Estate

530 CLARKE RD - 10,000SF:
Attention all restaurateurs! Now available for lease, restaurant with huge fully functional kitchen (downstairs) and banquet hall with bar (upstairs). Tenant to do own leasehold improvements. Rent of $6,000/month includes net rent and CAM for BOTH spaces. Tenant responsible for paying all utilities. Current fixtures and chattels are owned by landlord and may be used by tenant. Call listing agent for details. MLS #: 476985
Lawrence Zack
Sales Representative
Sutton Group Preferred Realty Inc Brokerage
(Office) 519.438.2222
(Direct) 519.200.1561
larry@lawrencezack.com

Houses For Sale

15 Phair Cres,
3 bdrm, 1\1 bath
Backing onto open space for your privacy. Enjoy the dream size kitchen with island, leading to sliding doors to large deck. Main floor family room with new hardwood floors. Master Bedroom having vaulted ceilings and beautiful view of London. Lower level has rec room. laundry room. Simon Farrugia Call 519-872-6277.Sutton Group Preferred Realty.

South London -
1 bdrm, 1 Bath
Prime location next to London Health Science Centre. Enjoy the kitchen overlooking eating area and family room with sliding doors to balcony facing east. Main floor laundry, covered parking, newer furnace & central air, gas heating, All appliances included. Shows extremely clean. Simon Farrugia 519-872-6277.Sutton Group Preferred Realty.

Sutton
Sutton Group Preferred Realty Inc., Brokerage
Independently Owned and Operated
519-438-2222 http://www.suttongrouppreferred.com

15 Phair Cres,
3 bdrm,
Backing onto open space for your privacy. Enjoy the dream size kitchen with island, leading to sliding doors to large deck. Main floor family room with new hardwood floors. Master Bedroom having vaulted ceilings and beautiful view of London. Lower level has rec room. laundry room.
Simon Farrugia 519-872-6277.
Sutton Group Preferred Realty.

South London -
1 bdrm, 1 Bath
Prime location next to London Health Science Centre. Enjoy the kitchen overlooking eating area and family room with sliding doors to balcony facing east. Main floor laundry, covered parking, newer furnace & central air, gas heating, All appliances included. Shows extremely clean.
Simon Farrugia 519-872-6277.
Sutton Group Preferred Realty.

Simon Farrugia Sales Representative
Gerry Weir, Broker of Record, is pleased to announce that Simon Farrugia has joined the team at Sutton Group Preferred Realty. Simon brings over 20 years of experience with him and has been an award winner and top producer since his career began in 1992.
"I am thrilled with my decession and welcome my clients past and present to contact me and look forward to many more years of success in the real estate industry." Direct(519)872-6277 simple.simon@sympatico.ca

RENTALS

Condos, Townhouses & Duplexes Unfurnished

2080 Beaverbrook Ave
Open Mon-Thurs 2-6pm,
Sat &Sun 1-5pm
Kingston Development
Freehold condo you own your own 50 foot frontage lot.
2 bedrooms & den, 2 full baths, open concept kitchen and great room. 2 car garage price
starting @ 269,000.
For more info call Ron Nieman
519-472-4707 at the office or
519-495-0954 cell

Rooms Furnished

N6J 2L4 - 256 Wharncliffe S. TV cable, internet. $380up. male 434-2474 also Burwell St downtown

MERCHANDISE

Merchandise for Sale

BEAUTIFUL JEWELLERY, AGATE, METAPHYSICAL, REIKI PRODUCTS
Beautiful Agate Reiki & Metaphysical Products (Pendulums, Wands, Bowls, Markaba Stars, Arrow Heads & Tumble Stones) and Agate Stone Jewellery (Necklaces, Pendants & Bracelets) @ Great Prices starting from $ 8.49 only. Free Shipping within Canada for orders $ 50
www.EnchanteStones.com

PETS

Other

Walking Among Dogs
Certified Dog Trainer & Behaviour Therapist
We offer Behavioural Consultations, Dog Walking Challenges, Dog Sitting Solutions, In-Home Training Classes! Member IPDTA
www.walkingamongdogs.com
519-533-3435

You'll this.
DOWNLOAD THE NEW METRO APP for your Blackberry, iPhone and iPad.
BlackBerry App World
Available on the App Store
metro

HOUSEHOLD SERVICES

General Services

Matt's Kitchens, Bathrooms
Plumbing, Electrical, Drywall & Tiling
FREE ESTIMATES
519-649-2617

Abell Pest Control
SINCE 1924....BECAUSE WE CARE
305 Cortium Court
London, Ontario
519-680-7766
Bed Bug SAFE Staff Training

Trades

No Dig Sewer Re Lining
Professional Drain Cleaning ~ Power Flushing
Video Inspection & Locating ~ Catch Basin Cleaning
Excavating ~ Septic System
Sewer/Water Repairs & Installations

DISCOUNT DRAIN
Est.1970

555 Third St
London, Ontario
N5V 2C1
Tel: 519-451-8342
Fax: 519-451-3520
Office@discountdrain.ca

General Services

Split the HST event on Home Renovations
Custom Creations and Renovations are offering to split the HST on renovations $5000+ booked on or before May 31st, 2011.
We have over 30 years experience in the home renovation industry and am extensive and diverse portfolio
We offer; Kitchens, new or refaced Bathrooms, Basements Additions, Ceramic tile
Please call 519 902 7858 or
Email ccrguy@rogers.com
for a free no obligation quote

Trades

General Services

www.josephdavidphotography.com
• portrait • fine art •
• advertising •
124 Dundas St, Downtown London
519.317.1561
joseph david photography

Movers

DO IT YOURSELF MOVES!
Why rent a truck when you can rent a truck and a driver for $30 per hour (minimum of $50). Get 1 mover to help, or 2. Full service available too. Discount for seniors and students.
Call 519-697-9020

Trades

A1 MASTER ELECTRICIAN
100 Amp service upgrades & panel specialist, all other wiring etc.
BEST PRICE in town!
Anything, Anywhere, Anytime!
1-519-697-3236

ANNOUNCEMENTS

Spiritual

The Church of Good Cheer Presents
The Gospel According To Elvis
An entertaining and enlightening look at the Bible with Matt Martin, a current Masters of Divinity Student and Collingwood Elvis Festival Grand Champion.
Come out and listen to Elvis in an informal church setting. Drink specials and 1/2 price burgers for the congregation.
First and Last Wednesday of each month at the Blackshire Pub in London.

Does your parrot talk too much?

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Offspring flown the coop?

Here's your chance to reclaim your space!
Sell your stuff with us.

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

find us follow us like us

We're all over your city in more ways than one.
Metro brings you breaking news and great reviews.

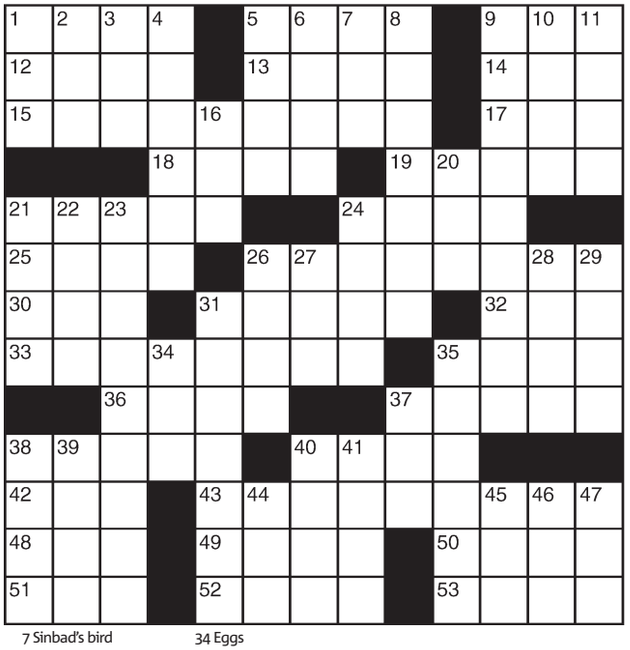
foursquare
foursquare.com/metronews

twitter
@themetrolondon

facebook
facebook.com/themetrolondon

metro

Crossword



Across

1 Loony
5 Actress Sorvino
9 "That's a laugh!"
12 Reed instrument
13 Black, in poetry
14 Hearty brew
15 Mouth organ
17 Tier
18 Asset
19 Physician of ancient Greece
21 Was sore
24 Great Lake
25 Carson predecessor
26 "All Quiet on the Western Front" author
30 Blunder
31 Automaton
32 "Born in the —"
33 Suave
35 Hastened
36 Terrible guy?
37 Gives temporarily
38 Dr. Salk
40 Entrance
42 Early bird?
43 Teen sibs of who-dunit fame
48 Before
49 Did surveillance on
50 Touch
51 Apiece
52 Stitches
53 Viscous

Down

1 Homer's outcry
2 Lawyers' org.
3 Supporting
4 Composure
5 Options list
6 Wading bird
7 Sinbad's bird
8 Turn of phrase?
9 Pantomime jester
10 Lotion additive
11 Chopped
16 Antiquated
20 Melody
21 Mimicked
22 Give a darn
23 Omen
24 Like certain profs.
26 Equine coloration
27 Inventor Whitney
28 Second-hand
29 George of "CSI"
31 Grinds one's teeth
34 Eggs
35 Kind of tea
37 Myrna of Hollywood
38 Military vehicle
39 Shrek is one
40 Sketched
41 Probability
44 Sailor's assent
45 Japanese sash
46 "Tasty!"
47 Messy place

▶ Yesterday's answer

A	J	A	R	■	O	L	D	■	A	S	P	S
M	A	N	E	A	T	E	R	■	B	E	E	P
P	R	I	X	F	I	X	E	■	B	A	R	E
■	■	■	A	R	S	■	A	T	O	M	I	C
A	N	G	L	O	■	B	R	U	T	■	■	■
P	O	O	L	■	C	L	I	N	T	O	N	■
E	R	R	■	S	H	U	L	A	■	D	E	S
■	M	Y	S	T	E	R	Y	■	M	O	S	T
■	■	■	K	E	Y	S	■	F	O	R	T	Y
E	X	H	U	M	E	■	A	I	D	■	■	■
I	R	O	N	■	N	E	X	T	E	X	I	T
R	A	N	K	■	N	A	I	S	M	I	T	H
E	Y	E	S	■	E	R	S	■	S	I	T	E

Sudoku

3	2						8	6
			3		2			
5		6				4		3
		1	7		6	3		
	9						6	
		3	4		8	2		
8		2				5		4
			6		5			
1	4						7	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	3	2	7	9	4	5	6
2	4	6	1	8	5	3	7	9
7	9	5	4	3	6	8	2	1
3	6	4	5	9	7	2	1	8
8	7	2	3	6	1	9	4	5
9	5	1	8	4	2	6	3	7
5	3	7	9	2	8	1	6	4
4	1	8	6	5	3	7	9	2
6	2	9	7	1	4	5	8	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy 6 1/2 years babba bum Loving u & needing u always. Thank u for being my best friend and all i have ever wanted, quatra ever!!! Love u more than that, my #1 travel partner

Michael, Happy Birthday sweetheart. I cant imagine if we didn't bump into each other that day. Im sorry I couldnt pull through this weekend. Your amazing, smart, funny & sexy but hurry up & fix yourself so we can run away together. **B**

Alex, words can not describe how much I adore you. I am so excited to marry you and start a family with you! I couldn't have asked for a better husband-to-be! I LOVE YOU!!! **CHRISTI**

Bling Bling Jonghyun Happy birthday pupsaurus! Wish you all the best and may SHINee continues to shine forever~<3 **XOXO CARMEN**

Today
12°/3°
Variable
Wednesday
14°/6°
Partly cloudy
STAY PREPARED WITH OUR MOBILE WEBSITE.
Visit theweathernetwork.com on your mobile.
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The more you're tempted to take a risk, the more you should remind yourself there's no need.

♉ Taurus April 21-May 21 What looks like a problem now won't be one for long.

♊ Gemini May 22-June 21 If you make an error of some kind today, you must put it right the first chance you get.

♋ Cancer June 22-July 22 If you are not entirely sure you are doing the right thing, it might be better to do nothing at all.

♌ Leo July 23-Aug.23 Be careful what you say because a rival is looking for a reason to catch you and make you look bad.

♍ Virgo Aug. 24- Sept. 22 If you have skeletons in your closet, you must have a plan for when they're revealed.

♎ Libra Sept. 23-Oct. 23 Someone will say things to provoke you. Don't take the bait.

♏ Scorpio Oct. 24-Nov. 22 It's good to take your responsibilities seriously but don't let them take over your entire life.

♐ Sagittarius Nov. 23-Dec. 21 Be wary of someone who tries to coax you into taking a risk.

♑ Capricorn Dec. 22-Jan. 20 You are not responsible for all the bad things that happen in other people's lives.

♒ Aquarius Jan. 21-Feb. 18 Stick with what you have got, at least for the moment, and don't get greedy.

♓ Pisces Feb. 19-March 20. An individual who lacks common senese needs your help today.

SALLY BROMPTON

MARTIAL TREZZINI/THE ASSOCIATED PRESS

Caption contest

GERO BRELOER/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable
Vancouver $199
Travel Jun 14 - Jun 20/wg
+ taxes & fees $306
Venice $249
Travel May 6 - May 14/ts
+ taxes & fees $388
INCLUDES roundtrip air.
1 866 831 2260 | flightcentre.ca
Conditions apply. Ex: Toronto. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. wg=sunwing, ts=transat. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

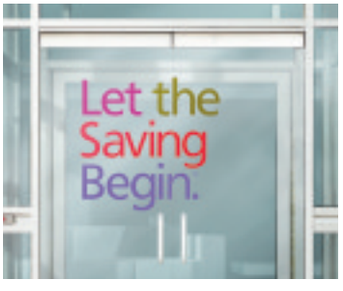
You'll this.
DOWNLOAD THE NEW METRO APP
for your Blackberry, iPhone and iPad.
Available on the App Store
BlackBerry App World
metro

Presenting the fixed short long variable mortgage. Don't worry, we'll explain.

Deciding which mortgage term to go with is never easy. Locking in could mean missing out on a rate drop, while going variable makes you vulnerable to a potential interest rate increase. But what if you could take the benefits of both and put them to work for you?

With the *Scotia Total Equity*® Plan, a *Scotia*® advisor can help you get both stability and savings. It's that simple.

A *Scotia*® advisor can show you how.



letthesavingbegin.com

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. ™ Trademark of The Bank of Nova Scotia.